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Whole Food Recipes For Better Living ckbk_spanish_0608.indd 1 8/7/08 7:44:49 AM. 2 3 WEIGHTS AND MEASURES ... Serve cold with fresh fruit or angel food cake for dipping. * Variation: You may substitute coconut cream pud-ding or another flavor of your choice. Exotic Fruit Dip

Whole Food Recipes For Better Living - Raw Blend

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Some people consume only raw foods for environmental reasons. Did you know that raising animals for food generates more greenhouse gases than all the cars and trucks in the entire world combined? Consuming packaged foods contributes to waste (in the creation and disposal of the packages), and cooking foods uses up resources.

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